



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Frisch, Norbert

Club: Mannheim
Number: 226

Course: 6.00 km
6 km Run

Category:
Männer M45

Total time: 34:43

Speed: 10.37 km/h
Running performance: 5:47 min/km

Rank in course/Total: 93 (of 174)

Rank in course/Men: 62 (of 92)

Best time in course: 22:06

Rank in category: 18(of 23)

Best time in the category: 23:49